

"So, You Didn't Get a Choice"

Or "Understanding Birth Order"



**In real estate we know that position is everything
— and so it is in the order of your birth.**

- **Many researchers think the position we are in regarding our siblings determines how we develop.**
- **Birth order research provides good clues as how to build strong relationships and understand ourselves.**
- **Begin to Understand the common traits of birth order.**
- **Learn to make birth order work for you.**



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Position	Family Situation	Characteristics
Only	Birth is wonderful. Child gets 200% of the attention. Usually is overprotected or spoiled.	Goal setter who gets things done. Likes attention, has trouble sharing with peers, prefers adult company. Gathers facts, is often serious, critical, self centered.
First	Belongs to the Father. Parents have high expectations, give lots of responsibility to child. Has hard time accepting 2 nd child. Encouraged to be the "over achieve".	Authoritarian or strict. Confident, a perfectionist, determined, a leader, organized. Avoids conflict.
Second	Belongs to the mother. The Family Peacemaker. There is always someone ahead of you.	Competitive. May be the family rebel. Creative, enjoys fantasy and is sensitive.
Middle	"Sandwiched In", may feel insignificant or "unloved". Has a "take it or leave it" attitude. "Garbage collector for family".	Handles disappointment, great negotiator, lots of loyal friends outside of the family, tries harder.
Youngest	Craves the spotlight. May be spoiled. Stays the "baby" of the family.	Persistent, affectionate, a great story teller. Easy, spontaneous, charming and manipulative.
Adopted	Parents so happy for child, they tend to spoil him.	Age at adoption will make a difference in birth order placement.
Fourth	Powerless and at mercy of siblings. Needs privacy and seeks attention and recognition.	Possessive, may be abusive to others. Challenges parents, and values. Very charismatic and forgiving.

Birth Order Intelligence: Higher family birth order, higher IQ score. First borns score higher on the Raven test than later borns.

Marriage Relationships: Happiest marriages are with most opposite birth order (example 1st with last). First born with first born is a power struggle. Middle to middle is a "muddle". Last born to last born is chaos.

Birth order will influence your relationship with parents, siblings and how you will learn to interact with the world. Understanding birth order can help you have insight in approaching friendships, relationships and your families.

First Born
("Everyone depends on me!")

Hillary Rodham Clinton
Oprah Winfrey
George W. Bush
Bill Cosby

Middle Born
("Nobody ever listens to me!")

Barbara Walters
Donald Trump
Jay Leno
Susan B. Anthony

Last Born
("Nobody takes me serious!")

Halle Berry
Eddie Murphy
Whoopi Goldberg
Drew Carey

Understanding Birth Lesson Plan – 1 day plan

Objective: Understanding the traits of each birth position will help you understand yourself and how you relate to others. It will also help you understand how others react in certain situations.

- Have students take quiz
- Share traits of each birth order
- Share consequences of some combinations

Resources:

My Firstborn, There's No One Like You (and additional birth order position books)
Dr. Kevin Leman and Kevin Leman II

The Lighter Side of Birth Order, by Laura Jana, M.D.

Birth order quiz

Candy Bars

Sugar Babies – last born
Crunch – middle born
Junior Mints – first born
Almond Joy – only child

Grouping: Put all youth in their birth order group. Give assignments, see how they do.

Assignments :

- What movie should we see tonight?
- What should we have for lunch or where should we go for lunch?
- What kind of a car or cell phone is the coolest?
- What do you see yourself doing in 10 years? (occupation or family)

Track answers and share with group. Do you see birth order personality traits emerging?

1. Birth Order Quiz

Do you share personality traits similar to others with your same birth order? Take this simple quiz and find out!

Each question is coded either H, B, or T. For each question answered yes, write down the corresponding letter. At the end of the quiz determine which letter you have written down most often. Then read the results that follow!

- T I am most comfortable in leadership positions.
- H I often lack confidence in my abilities
- B I have been told that I am EXCELLENT negotiator.
- T I need to be in control at all times.
- B Growing up, my peer group was EXTREMELY important to me, like a family.
- H I have always enjoyed being the center of attention.
- T I am very conventional and like to follow the status quo,
- H I very much enjoy analyzing situations and other people.
- B I am a master at compromising.
- B I am excellent at seeing all sides of an issue.
- T I am very perfectionistic and need things done right the first time.
- H I often do things without considering the consequences of my actions.
- H I am very sociable and outgoing.
- T I tend to be overly-critical of others.
- B I am known to be very flexible in all areas of my life.
- T I like things to be predictable.

Results:

If you answered mostly T's... your responses reflect characteristics most similar to a first born or only child. An only child has traits very similar to a 1st born, except only children's expectations may be even higher. They may tend to be even **more** critical of themselves, **more** perfectionistic, etc. The characteristics of 1st borns noted on T answers are usually more pronounced with only children.

If you answered mostly H's... your responses reflect characteristics most similar to a youngest child.

If you answered mostly B's... your responses reflect characteristics most similar to a middle child.

Which of these feelings were most familiar to you when you were growing up?

I'm tired of being left out of things.	I didn't do as well as I should have.	I have to work hard to get other people to pay attention to me.	Everyone depends on me.
Nobody understands me.	Sometimes I feel lonely	Nobody takes me seriously.	I can't get away with anything.
Nobody ever listens to me.	I would be much happier with brothers/sisters.	Everyone treats me younger than I am.	I don't get to be a kid.
I'm always in the shadow of my sister/brother.	I'm not getting enough attention.	I will just keep working on it, they'll give in.	Why do I have to do it? Nobody else around here does.
My youngest brother/sister gets away with everything	I wish people would leave my things alone.	I am always just getting the left overs.	How come I'm responsible for what my brother/sister did?

Middle Born

Only Child

Youngest Born

First Born

Other factors which may effect birth order characteristics:

Gender-Order of first boy

Spacing- After 5 years children will tend to have "functional" order characteristics.

Mental or physical handicaps may alter the order of children in family.

Family dynamics (divorce, remarriages, death of child) and socioeconomic level.

The Lighter Side of Birth Order

by Laura Jana, M.D., F.A.A.P.

reviewed by Robert Needlman, M.D.,

F.A.A.P.

We parents love all our children equally, of course, but most of us admit that, after each baby, our standards relax just a bit when it comes to the little things in life. Check out the observations listed below and see if any ring a bell in your household. (Please keep in mind that these aren't recommended practices—they're just meant as humorous observances on the art of parenting!)

Baby bottles

First child: Not only do you have your bottles lined up neatly in your baby bottle cabinet, color coded for breast milk, formula, juice, and water, but you buy a sterilizing kit and routinely boil nearly everything that comes in contact with your baby's mouth.

Second child: You buy a convenient plastic rack to hold baby bottle lids and nipples, and pop everything in the dishwasher.

Third child: Remember the five-second rule for when a piece of food falls on the ground?

Diapers for your new baby

First child: You buy top-of-the-line newborn diapers with the convenient umbilical cord cutouts and carefully stock the diaper holder so that it matches your baby's room.

Second child: You move on to generic diapers and fold over the part that covers the umbilical cord until the cord dries and falls off.

Third child: You grab as many extra diapers from the hospital's newborn nursery as allowed, and when you run out at home, you settle for the unused size 4's left over from your previous diapering days while you send someone out to buy more.

Diaper disposals

First child: You buy a Diaper Genie or other specialized container and use it religiously to dispose of all of your baby's diapers.

Second child: You still have a Diaper Genie, and if you happen to change your baby in its vicinity, you use it.

Third child: You ran out of replacement bags for your Diaper Genie last time around, and instead you keep a lot of old plastic shopping bags on hand to cut down the smell of the diapers in the household garbage cans.

Monogrammed baby clothes

First child: Your friends throw you a big party after the baby is born and you get the cutest little monogrammed baby outfit.

Second child: You decide to spring for a similar monogrammed baby outfit for your second child so that she can have a baby picture that matches your firstborn's.

Third child: Your baby is still decked out in a monogrammed outfit—it's just pink and bears his sibling's initials.

Onesies

First child: You look in a book to find out what a "onesie" is and then make sure to buy one for each day of the week.

Second child: You go through your old onesies and sort out the ones in the wrong color or that are too stained. You also make sure to buy enough to have a week's worth of onesies (which you now realize is closer to three per day!)

Third child: You figure that color and spit-up stains don't show through an outer layer of clothing, and if one of the three snaps is functional, hey, it's acceptable.

Stocking up on baby clothes

First child: Full price.

Second child: You still spring for full price for special occasions, but you basically outfit your child off the sale racks.

Third child: Hand-me-downs and garage sales. Can't beat 25 cents a shirt, now, can you?

Dealing with tantrums

First child: You question what you've done wrong, get out the parenting books, and ponder how to best handle the situation so you don't damage your child's fragile ego.

Second child: You yell at your child when she throws a tantrum, but give in because you don't want her shrieks to wake your other child.

Third child: Your calm response to your child's tantrum is to ask "OK, so whom do you want to go live with?"

Baby books

First child: You record every coo and hiccup, and the pages are so full of memorabilia that the book won't shut.

Second child: You keep your baby book in a big storage box along with all of the important notes, scraps, and photos in hopes of one day finding time to record all the memorable moments.

Third child: Memorabilia gets hung on the refrigerator with a magnet and the baby book is still in its original wrapper, which proves to be very fortunate when you are invited to a friend's baby shower and find yourself at the last minute without a gift.

Feeding supplies

First child: Tiffany silver spoon and Royal Doulton Bunnykins cup and bowl.

Second child: Matched sets of plastic, compartmentalized kid plates and utensils with cute designs.

Third child: A motley assortment of free souvenir plates and cups collected from countless meals at family restaurants.